



Shopping Wish List

Individuals - Food

These items should be individual servings. Also, it's best for the canned goods to have pop-tops.

- Canned Soups
- Canned Meats (Examples)
 - Tuna
 - Chicken
 - Vienna Sausage
- Canned Meals (Examples)
 - Ravioli
 - Beef stew
- Applesauce
- Oatmeal
- Ramen Packets
- Snacks (Examples)
 - Chips
 - Raisins
 - Cookies

- Juice
- Soda
- Water
- Pasta (1-2 lbs. or less)
- Rice (1-2 lbs. or less)
- Cereal Boxes

Non-Perishable Food Items

Cans should be 32 ounces or less.

- Spaghetti Sauce
- Alfredo Sauce
- Teriyaki Sauce
- Peanut Butter
- Hot Sauce
- Soy Sauce
- Red & White Wine Vinegars
- Dijon Mustard
- Mayonnaise
- Canned Beans
- Canned Fruit

- Dry Pasta
- Dry Rice
- Olive/Canola/Sesame Oil
- Salad Dressings
- Chicken/Beef/Vegetable Broth
- Cream of Mushroom Soup
- Canned Whole Tomatoes
- Tomato Sauce
- Tomato Paste
- Canned Corn
- Canned Peas